

# PARKER PLACE

Gracious Retirement Living

7960 Center Street • Mentor, Ohio 44060 • Phone (440) 255-0828 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## FEBRUARY 2020

### PARKER PLACE STAFF

Managers.....JIM & AUDREY KLEINHEKSEL  
Assistant Manager ..... JERRY & SHER'EE PANG  
Executive Chef ..... JOSH WELLMAN  
Marketing.....MARK HERSCH  
Activity Coordinator .....ZOEY PERRY  
Maintenance ..... MICHAEL GRESSLEY  
Bus Driver ..... PAUL IANNINI  
Head Housekeeper ..... REBA REICHERT

### TRANSPORTATION

**Monday, 9 a.m.-2 p.m.:** Errands

**Tuesday & Thursday, 8:30 a.m.-3:30 p.m.:**  
Doctor Appointments

**Sunday, 9:30 a.m.:** Church Service Route

HAWTHORN  
SENIOR LIVING

## 2019 Gingerbread House

From the beginning of November right up to the very end of December, twice a week we worked tirelessly on our 2019 Gingerbread House for the Hawthorn Competition. This year, we decided to build a Log Cabin Oasis. We not only built the log cabin house, but added all the perfect little details to make it as realistic as possible. All of our hard work paid off because we won the category of "Most Classic!" We had so much fun, shared lots of laughs, became expert loggers, and made so many memories! We hope all of you checked it out and enjoyed it as much as we did while it was displayed in the Atrium.



*Admiring/appreciating all  
of their hard work*



*We finished!*





## Welcome New Resident!

Peter Olejarz

- Loves pierogis
- Loves to read
- Big exciting movie buff



## Seniors, Never Stop Learning

At least twice a month, we will have opportunities for you to continue your education and expand your minds. This month, we are proud to offer the following educational topics:

- **Tuesday, February 11th, at Noon:**  
Safety talk on Fall Prevention with Firefighter Jerry from the Mentor Fire Department
- **Friday, February 14th, 10:30 a.m.:**  
Valentine's Day, the history and traditions behind the holiday
- **Monday, February 24th, 10:30 a.m.:**  
Your Right Brain versus Your Left Brain

## Wear Red Day: February 7th

National Wear Red Day is held annually on the first Friday in February, which is Heart Month. The American Heart Association focuses on women's heart health by asking everyone to wear red today.



Heart disease is the leading cause of death for women in the United States, killing 299,578 women in 2017, or about one in every five female deaths. About one in 16 women age 20 and older (6.2 percent) have coronary heart disease, the most common type of heart disease.

On Friday, February 7th, I encourage all of our residents to wear red today in support of the American Heart Association, and bring awareness to women's heart health!

## First Annual Reindeer Games

This year, during our resident Christmas Party, we had our first ever Reindeer Games Competition. We split the room into two teams, where we played a number of games like Wrangle the Reindeer, Jingle Bell Matching game, Santa Scramble and All Warm and Cozy. Whichever team won the most by the end of the competition was declared the first winners of the 2019 Reindeer Games! We indulged in a variety of different Christmas cookies, took pictures with Santa, hung out with our neighbors, got our Christmas presents from Parker Place and, most of all, celebrated Christmas as a whole Community.

It was a time that will be cherished forever!



*Reindeer Games Champs*



## Sensory Play Dough During Crafts

On December 27th, Zoey's Mom, Dawn, came in to help teach us all the ins and outs of Sensory Play Dough. We learned that not only is it fun to play with, but it is also a fantastic stress-reliever. Kneading, rolling, flattening and punching the play dough provide the chance to relieve stress and reduce feelings of anxiety and worry. It also boosts hand strength, and studies have shown that play dough can also help refine motor functions. But, we didn't make just any old play dough. We added essential oils to it to give it an aromatherapy aspect as well. Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind and spirit. It enhances both physical and emotional health! So, we made our play dough, added whatever essential oils we chose and colored it to go along with the scent we added to it! We had so much fun, and definitely recommend those of you with grandchildren or any little one in your life to give this a try!

### "The best homemade Play Dough recipe:"

2.5 cups of flour

1 cup of salt

3.5 tablespoons cream of tartar

1 tablespoon vegetable oil

1.5 cups of hot water

Mix dry ingredients first, add in the oil and hot water, then combine all until the consistency reaches that of a clay. If it is too mushy, add in some flour, and for more malleability, add in a bit more cream of tartar.



*Ronnie and Jan, kneading the color into their play dough.*



*Dawn, helping Martha Jo with her essential oil choices.*

## Let Us Entertain You!

We are proud to be offering the following entertainers for the month of February:

**February 1st:** Marlynda Dziak, Vocals, at 2:30 p.m. in AT

**February 3rd:** Flipside VR, Virtual Reality Experience, at 2 p.m. in AC

**February 11th:** Chuck Tamblyn, Keyboard and Vocals, at 2 p.m. in AT

**February 18th:** Two Souls, 2-man band, at 2 p.m. in AT

Please come out and enjoy a show!

**February 20th:** Bob's Dance Team, Ballroom Dancing, at 2 p.m. in AT

**February 24th:** Fred Schneider, Pianist, at 2 p.m. in AT

**February 27th:** Mentor Music Makers, Pianist and Vocals, at 2:30 p.m. in AT



FEBRUARY 2020

Birthdays

Bob Wilson, 1st  
Karel Simbartl, 2nd  
Lori Bender, 5th  
Gwen Mosely, 18th  
Judy Kalish, 26th  
Margaret Eyman, 27th

Locations

Activity Room, AC  
Atrium, AT  
Chapel, CH  
Cost Involved, \$  
Dining Room, DR  
Dining Room  
Fireplace, FP  
Game Room, GR  
Library, LB  
Outdoor Program, OUT  
TV Lounge, TV

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”  
—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div>9:30 Rosary, CH</div> <div>10:00 Catholic Devotional, CH</div> <div>10:30 Stronger Seniors, AC</div> <div>2:30 Marlynda Dziak (Guitar &amp; Vocals), AT</div> <div>6:45 Movie Night, TV</div> 		
<div>2</div> <div>9:30 Worship Service Route</div> <div>10:00 Doughnuts with Jim, AC</div> <div>3:00 Nickel Bingo, AC</div> <div>6:45 Wii Bowling Team 1, AC</div> 	<div>3</div> <div>9:00 Bus Trip: Shopping</div> <div>9:30 Senior Stretch, AC</div> <div>10:45 Jump in the Jeep, AC</div> <div>2:00 Virtual Reality (Expedition Themed), AC</div> <div>3:00 Book Club, LB</div> <div>6:45 Wii Bowling Team 2, AC</div>	<div>4</div> <div>9:30 Sit and be Fit, AC</div> <div>11:00 Resident Meeting, AC</div> <div>2:00 Balloon Volleyball, AC</div> <div>2:45 Mt. Kilimanjaro Trivia Race, AC</div> <div>6:45 Wii Bowling Team 3, AC</div>	<div>5</div> <div>9:30 Stronger Seniors, AC</div> <div>12:00 Lunch Outing to Slyman's</div> <div>2:00 Matinee, TV</div> <div>6:45 Bingo</div> 	<div>6</div> <div>9:30 Exercise with Legacy</div> <div>10:30 DIY Bird Feeders, AC</div> <div>2:00 Chef Demo, AC</div> <div>3:00 Searching the Serengeti for the Big 5, AC</div> <div>6:45 Wii Bowling Team 4, AC</div>	<div>7</div> <div>9:30 St. John Vianney Communion, CH</div> <div>9:30 Get Up and Move, AC</div> <div>10:30 Painting with Spices, AC</div> <div>2:00 Beanbag Baseball Game, AC</div> <div>3:00 Nickel Left, Right, Center, AC</div> <div>4:00 Happy Hour, AC</div> <div>6:45 Wii Bowling Team 5, AC</div>	<div>8</div> <div>9:30 Rosary, CH</div> <div>10:00 Catholic Devotional, CH</div> <div>10:30 Arts &amp; Crafts with Cathi and Michelle, AC</div> <div>6:45 Movie Night, TV</div>
<div>9</div> <div>9:30 Worship Service Route</div> <div>10:00 Doughnuts with Jim, AC</div> <div>3:00 Nickel Bingo, AC</div> <div>6:45 Wii Bowling Team 1, AC</div>	<div>10</div> <div>9:00 Bus Trip: Shopping</div> <div>9:30 Senior Stretch, AC</div> <div>10:30 Letters to ..., AC</div> <div>2:00 Expedition Award Ceremony, AC</div> <div>3:00 Wii Darts, AC</div> <div>6:45 Wii Bowling Team 2, AC</div>	<div>11</div> <div>9:30 Sit and be Fit, AC</div> <div>10:30 Quilling with Donah, AC</div> <div>12:00 Safety Talk with Firefighter Jerry, AC</div> <div>2:00 Chuck Tamblyn (Guitarist &amp; Vocals), AT</div> <div>3:30 Pictionary, AC</div> <div>6:45 Wii Bowling Team 3, AC</div>	<div>12</div> <div>9:30 Stronger Seniors, AC</div> <div>11:00 Sweeter Than Honeycomb</div> <div>2:00 Matinee, TV</div> <div>6:45 Bingo</div>	<div>13</div> <div>Health Fair</div> <div>9:30 Exercise with Legacy</div> <div>6:45 Wii Bowling Team 4, AC</div>	<div>14</div> <div>VALENTINE'S DAY</div> <div>9:30 Get Up and Move, AC</div> <div>10:30 Valentine's Day: History &amp; Traditions, AC</div> <div>2:00 Beanbag Baseball Game, AC</div> <div>3:00 Quarter Left, Right, Center</div> <div>4:00 Happy Hour, AC</div> <div>6:45 Wii Bowling Team 5, AC</div>	<div>15</div> <div>9:30 Rosary, CH</div> <div>10:00 Catholic Devotional, CH</div> <div>10:30 Stronger Seniors, AC</div> <div>6:45 Movie Night, TV</div>
<div>16</div> <div>9:30 Worship Service Route</div> <div>10:00 Doughnuts with Jim, AC</div> <div>2:15 Pastor Bryon, CH</div> <div>3:00 Nickel Bingo, AC</div> <div>6:45 Wii Bowling Team 1, AC</div>	<div>17</div> <div>PRESIDENTS DAY</div> <div>9:00 Bus Trip: Shopping</div> <div>9:30 Senior Stretch, AC</div> <div>11:00 Brain Games, AC</div> <div>2:00 Jeopardy, AC</div> <div>3:00 Book Club, LB</div> <div>6:45 Wii Bowling Team 2, AC</div>	<div>18</div> <div>9:30 Sit and be Fit, AC</div> <div>10:30 Arts &amp; Crafts with Legacy, AC</div> <div>2:00 Two Souls (Band), AT</div> <div>3:30 Catholic Mass, CH</div> <div>6:45 Wii Bowling Team 3, AC</div> 	<div>19</div> <div>9:30 Stronger Seniors, AC</div> <div>11:00 Great Lakes Cinema Outing</div> <div>2:00 Matinee, TV</div> <div>6:45 Bingo</div>	<div>20</div> <div>9:30 Exercise with Legacy</div> <div>10:30 Pictionary, AC</div> <div>2:00 Bob's Dance Team (Ballroom Dance), AT</div> <div>3:00 Wii Darts, AC</div> <div>5:00 Romeos (Men's Outing)</div> <div>6:45 Wii Bowling Team 4, AC</div>	<div>21</div> <div>9:30 Get Up and Move, AC</div> <div>10:45 Fireside Chat, AC</div> <div>2:00 Beanbag Baseball Game, AC</div> <div>3:00 Nickel Left, Right, Center, AC</div> <div>4:00 Happy Hour, AC</div> <div>6:45 Wii Bowling Team 5, AC</div>	<div>22</div> <div>9:30 Rosary, CH</div> <div>10:00 Catholic Devotional, CH</div> <div>10:30 Stronger Seniors, AC</div> <div>6:45 Movie Night, TV</div>
<div>23</div> <div>9:30 Worship Service Route</div> <div>10:00 Doughnuts with Jim, AC</div> <div>3:00 Nickel Bingo, AC</div> <div>6:45 Wii Bowling Team 1, AC</div>	<div>24</div> <div>9:00 Bus Trip: Shopping</div> <div>9:30 Senior Stretch, AC</div> <div>10:30 Your Left Brain vs. Your Right Brain, AC</div> <div>2:00 Fred Schneider (Piano), AT</div> <div>3:00 Jeopardy, AC</div> <div>6:45 Wii Bowling Team 2, AC</div>	<div>25</div> <div>9:30 Sit and be Fit, AC</div> <div>10:00 Arts &amp; Crafts: Ceramics, AC</div> <div>2:00 Balloon Volleyball, AC</div> <div>3:30 Pictionary, AC</div> <div>6:45 Wii Bowling Team 3, AC</div>	<div>26</div> <div>ASH WEDNESDAY</div> <div>9:30 Stronger Seniors, AC</div> <div>12:00 Little Red School House</div> <div>2:00 Matinee, TV</div> <div>6:45 Bingo</div> 	<div>27</div> <div>9:30 Exercise with Legacy</div> <div>10:30 Headbands, AC</div> <div>12:00 Monthly Birthday Party, AC</div> <div>1:45 Chef Chat, DR</div> <div>2:30 Mentor Music Makers (Vocals), AT</div> <div>5:00 Juliets (Women's Outing)</div> <div>6:45 Wii Bowling Team 4, AC</div> 	<div>28</div> <div>9:30 Get Up and Move, AC</div> <div>11:00 Brain Games, AC</div> <div>2:00 Beanbag Baseball Game, AC</div> <div>3:00 \$3 Left, Right, Center</div> <div>4:00 Happy Hour, AC</div> <div>6:45 Wii Bowling Team 5, AC</div>	<div>29</div> <div>9:30 Rosary, CH</div> <div>10:00 Catholic Devotional, CH</div> <div>10:30 Stronger Seniors, AC</div> <div>6:45 Movie Night, TV</div>





## Christmas Cookies Galore!

There was no way we could make it through the holiday season without decorating Christmas Cookies! We baked some fresh sugar cookies, mixed up an array of different frosting colors, listened to some Christmas music and decorated a whole lot of cookies! It was so much fun and we cannot wait to do it again!



*Gloria, making sure each sprinkle is precise.*



*So much fun!*

## Happy New Year!

2019 has come and gone way too fast. It was filled with lots of laughs, great memories and so many new friends! We are so grateful for everything 2019 gave us and even taught us.

Here at Parker Place, we celebrated the coming of the new year in style! We wore the most stylish and festive hats, ate the most delicious food, and we toasted to our Parker Place family and all that 2020 has to offer! We welcome the new year with open arms, minds and hearts!



*Happy New Year!*



*Cheers!*

## Did You Know?

- The blue whale is 80 to 90 feet long and has an average weight of 280,000 pounds! It is not only the largest but also the loudest animal. Its call reaches levels up to 188 decibels.
- February is the most misspelled of all of the months.



*2020, here we come!*



## Guess Who?

Can you guess which of your fellow residents this is? I'll give you three hints:

1. She lives on the Second Floor
2. She has three children
3. She has lived here for 10 months

Figured it out? Come to Zoey with your guesses!

Our Mystery baby from last month was none other than Miss Mary Fumich!

If you would like to be featured as our mystery child of the month in future newsletters, please bring a baby or childhood picture of yourself to Zoey.



*Who am I?*

## It's a Leap Year!

Here are a few fun facts about leap year, from what it is to why we have it!

- A Leap Year occurs every four years.
- Leap Day is held on February 29th.
- During a Leap Year, there are 366 days in the year instead of 365.
- Why do we have a Leap Year? It has to do with the Earth and the Sun. It takes the Earth 365 days to make a complete orbit around the Sun. We call this a solar year. The solar year is supposed to line up with our calendar (we use the Gregorian calendar) year, but without the leap year it won't. Why? It actually takes the earth 365 days, 5 hours, 48 minutes and 46 seconds to complete the orbit around the Sun. That extra time it takes

for the Earth to complete its orbit adds up. So every four years, an extra day is added so that the solar year will stay in line with our calendar year.

- Even with the extra day added every four years the calendar is still off by 11 minutes and 14 seconds. To fix this problem, Leap Year is cancelled three times every 400 years.
- So, how can you find out if it's going to be a Leap Year?

In order for it to be a Leap Year, the year has to be evenly divided by the number four, like in 2016. If the year can be evenly divided by 100 it is not a Leap Year, unless it can also be evenly divided by 400. If January 1st (the first day of the year) and December 31st (the last day of the year) fall on different days of the week, it is a Leap Year.

## This Day in History

- **February 4th, 1932:** The first U.S. Winter Olympics were held at Lake Placid, New York. The Games were opened by Franklin D. Roosevelt, then the governor of New York. He was elected President of the United States nine months later.
- **February 6th, 1935:** The board game Monopoly went on sale for the first time. Monopoly is a variation of a game called The Landlord's Game that was invented in 1903.
- **February 7th, 1896:** Radiology began in England when X-rays were first used to discover the location of a bullet in a 12-year-old boy's wrist. The boy had accidentally shot himself the previous month.
- **February 11th, 1928:** The La-Z-Boy reclining chair was invented. The first model was a comfortable wood slat porch chair.
- **February 18th, 1930:** The dwarf planet Pluto was discovered by Clyde Tombaugh, the only American astronomer to find a planet.
- **February 20th, 1872:** The Metropolitan Museum of Art opened in New York City. One of the world's largest and most important art museums, it is located on the eastern edge of Central Park.





7960 Center Street  
Mentor, Ohio 44060



## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.



**440-255-0828**